

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-10. (canceled)

11. (currently amended) An apparatus (1) for making figures or body exercises in rotation by a user turning on himself or herself, comprising:

a lower part (20) comprising non-skipping means (22) on an exercise surface (S);

a mobile upper part (10) rotating relatively to said lower part (20) and comprising a gripping piece (100) conformed to receive a user's (U) hand; and

means (30) for coupling in rotation said respectively upper and lower parts (10, 20),

wherein said ~~upper part (10) comprises a gripping piece (100) conformed to receive a user's (U) hand and including~~ includes

a hollow central part (16) conformed to receive in an ergonomic way the palm of the user's (U) hand (M), ~~[[and]]~~

a plurality of recesses extending beyond said central part (16) for receiving said user's (U) fingers, and

two main protrusions (11, 15) respectively placed on one side and the other side of the central part (16) and three inter-digit protrusions (12, 13, 14) located substantially in circle arc between said two main protrusions (11, 15), wherein, the two main protrusions are larger and differently shaped than the three inter-digit protrusions, and the apparatus (1) makes figures or body exercises in rotation by a user turning on himself or herself.

12. (cancelled)

13. (previously presented) An apparatus (1) according to claim 11, wherein the gripping piece (100) has substantially symmetric structure for receiving indifferently the left hand or the right hand of the user.

14. (previously presented) An apparatus (1) according to claim 11, wherein the gripping piece (100) is made by moulding.

15. (previously presented) An apparatus (1) according to claim 11, wherein the rotatively coupling means (30) comprise a ball bearing.

16. (previously presented) A gripping organ (40), of the type equipping the upper part of an apparatus according to claim 11, including a hollow central part conformed to receive the palm of the hand of a user, and a plurality of recesses extending beyond said central part for receiving fingers of said user.

17. (previously presented) The gripping organ (40) of claim 16, further comprising an attached portable accessory (6A, 6B, 6C, 6D).

18. (new) An exercise apparatus, comprising:

a lower part (20);

a non-slipping surface on a lower surface of the lower part, the non-slipping surface effective for preventing the lower part, in use, from slipping on an exercise surface;

a mobile upper part (10) comprising a gripping piece (100);

a rotation device (30) rotably interconnecting the lower part and the upper part and allowing the upper part to freely rotate without limit in rotation with respect to the lower part;

a hollow central part (16), within the gripping piece, having an upper surface having a complimentary palm shape

matching a user's palm and conforming to the user's palm placed against the upper surface;

plural finger recesses extending beyond the central part (16), each recess having a surface conformed with a complimentary finger shape to receive one user finger; and

plural protrusions (11, 12, 13, 14, 15) extending beyond the central part and aligned in a circle arc, sets of two of the protrusions defining each of the finger recesses,

the outermost protrusions being differential shaped from the innermost protrusions.

19. (new) The apparatus of claim 18, wherein there are exactly five protrusions defining four finger recesses.

20. (new) The apparatus of claim 18, wherein there are exactly four protrusions defining three finger recesses.

21. (new) The apparatus of claim 19, wherein,  
two end protrusions (15) of the five protrusions (11, 15) define end points of the circle arc,

a first of the two end protrusions and an adjacent protrusion define a little finger recess having a surface conformed with the complimentary finger shape to receive a little finger of the user.

22. (new) The apparatus of claim 18, wherein,  
there are exactly five protrusions defining four finger  
recesses,

the five protrusions comprising two end protrusions  
(11, 15) with an upper part concavely curved and three inter-  
digit protrusions (12, 13, 14) positioned intermediate the two  
end protrusions,

the two end protrusion being larger than the three  
inter-digit protrusions.

23. (new) The apparatus of claim 18, wherein,  
the lower part has a discoid shape,  
the rotation device comprises a ball bearing assembly,  
and

the upper part can rotate beyond 360 degrees with  
respect to the lower part.

24. (new) The apparatus of claim 11, wherein, the  
gripping piece presents a hand-shaped depression with the  
recesses presenting finger-shaped depressions and the central  
part presenting a palm-shaped depression.

25. (new) The apparatus of claim 18, wherein, the  
gripping piece presents a hand-shaped depression with the

recesses presenting finger-shaped depressions and the central part presenting a palm-shaped depression.

26. (new) An apparatus (1) for making figures or body exercises in rotation by a user turning on himself or herself, comprising:

a lower part (20) with a non-skipping surface effective for preventing the lower part, in use, from slipping on an exercise surface;

a mobile upper part (10) freely rotatable relatively to the lower part (20) and comprising a gripping piece (100),

the gripping piece having a hollow central part surrounded by an arc of protrusions and recesses that the gripping piece is shaped to conform to a user's hand,

the gripping piece having an upper surface having a hand-depression shape matching a shape of a user's (U) hand and configured to conform to the user's hand when placed against the upper surface; and

a coupler (30) coupling in rotation the upper and lower parts (10, 20),

wherein the gripping piece (100) includes

a hollow central part (16) shaped to conform to the palm of the user's (U) hand (M),

a plurality of recesses extending beyond the central part (16) for receiving the user's (U) fingers, and

two main protrusions (11, 15) respectively placed on one side and the other side of the central part (16) and three inter-digit protrusions (12, 13, 14) located substantially in circle arc between the two main protrusions (11, 15), wherein,

the two main protrusions are larger and differently shaped than the three inter-digit protrusions, and

the apparatus (1) makes figures or body exercises in rotation by a user turning on himself or herself.